OLD FASHIONED SALE

KING'S

A WINNING COMBINATION... KING'S AND JON McCLURE ARE Helping You "Make Ends Meet!"

Jon McClure RECIPE OF THE WEEK "Making Ends Meet" SPANISH RICE WITH MUSHROOMS

WALDORF BATH TISSUE 4 ROLL PKG. 99¢

FAB LAUNDRY DETERGENT 49 OZ. BOX $1.39 LAUNDRY BOOSTER Tab

PLUS DEPOSIT 8 PACK RC COLA REGULAR & DIET $1.29 16 OZ. BOTTS.

GOLDEN YELLOW BANANAS SAVE! 3 LBS. $1.00

FRIED CHICKEN 32 OZ. PKG. $2.69

HOT OR MILD JAMESTOWN SAUSAGE 1 LB. PKG. 99¢

SWIFT PROTEN IMPERIAL ROAST BONELESS $1.49 LB.

HOLLY FARMS MIXED FRYER PARTS PIECING 49¢

Produce

ALL VARIETIES LUCK'S BEANS SAVE ON... 2 79¢ 17 OZ. CANS

8 OZ. JR. COUNT LILLY COLD PAPER CUPS 100 CT. PKG. $1.29

REGULAR & DIET SHASTA DRINKS 2 LITER 67 FL. OZ. BOTT. 99¢

SAVE ON... SWIFT CORNED BEEF HASH 15 OZ. CAN 99¢

12 OZ. CAN 3 FOR $1.99

ALL VARIETIES GOLDEN GRAIN MACARONI & CHEDDAR 3 $1.00 7¼ OZ. BOXES

FRIL CHICKEN, ALL VARIETIES FRISKIES CAT FOOD 3 $1.00 5 OZ. CANS

6 OZ. OR 7½ OZ. BUMBLE BEE CHUNK LIGHT TUNA 79¢ 6½ OZ. CAN

UNCOOKED WHEATSWORTH CRACKERS 1 LB. BOX 99¢

FIRST VIENNA SAUSAGE 4 OZ. CAN 2 89¢

CONDITIONER OR SHAMPOO FLEX GILLETTE FOAMY 3 OZ. CAN 3 FOR 99¢

SAVE ON... LE SUEUR SWEET PEAS 17 OZ. CAN 39¢

A BEAUTY BEAT... WHITE HOUSE APPLE JUICE 64 OZ. JAR 89¢

SAVE ON... PALMOLIVE DISH LIQUID 32 OZ. BOTT. 99¢

SWIFT'S LUNCH MEAT PREM 12 OZ. CAN $1.19

SAVE ON... SWIFT LUNCH MEAT BOLOGNA 12 OZ. CAN 99¢

IRISH SPRING SOAP 5 OZ. BARS 2 99¢ BOTH BOTT.

MISS BREEK ALL VARIETIES COTTON SWABS 1 PKG. 99¢

FRESH CELLO LETTUCE HEAD 69¢

LARGE FIRM CELERY STALK 49¢

DAIRY MARGARINE QUARTERS 1 LB. PKG. 59¢

FRESH FULL GREENS SALAD Tender Queens OR Chopped Collards 1 LB. PKG. 2 79¢

FULL FLAVORED TURNIP GREENS 1 LB. PKG. 39¢

GOLDEN RED TOKAY GRAPES 1 LB. 69¢

SAVE ON... SWEET POTATOES 3 $1.00 LBS.

MEDIUM YELLOW FANCY CORN 4 $1.00 EARS

Frozen & Dairy

PEPPERONI, SAUSAGE, MUSHROOM STOUFFER'S PIZZA 12 OZ. PKG. $1.89

SLICED AMERICAN CHEESE 12 OZ. PKG. $1.99

ALL FLAVORS BANQUET COOKIN' BAGS 1 LB. BAG 39¢

SAVE ON... FROZEN STEAK-UMM 12 OZ. PKG. 5.99

PRICES EFFECTIVE OCTOBER 7-10, 1981 QUANTITY RIGHTS RESERVED WE ARE NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS

Gwaltney

SWIFT PROTEN BONELESS SAVOY STEAK LB. $2.29

SWIFT PROTEN LEAN BONELESS STEW BEEF LB. $1.99

SWIFT PROTEN CUBE STEAK LB. $2.59

SWIFT PROTEN IMPERIAL STEAK LB. $1.79

SAVE ON... LEAN Ground Chuck LB. $1.69

SAVE ON... SLICED PORK LIVER LB. 49¢

SELECT BEEF LIVER LB. 69¢

GWALTNEY SALE! SMOKED WHOLE, HALF OR SLICED LUNCHEON LOAF, PICKLE & PIMIENTO 12 OZ. PKG. 99¢

FRESH SLICED BUFFET HAMS LB. $2.79

OLD SMITHFIELD SAUSAGE 12 OZ. PKG. $1.09

MEDIUM MATURED SHARP OSCAR MAYER BOLOGNA LB. $1.89

MEDIUM MATURED WEINERS OR BEEF FRANKS 1 LB. PKG. $1.79

SMOKED LINK SAUSAGE 1 LB. PKG. $1.29

HILLSHIRE FARMS SMOKED SAUSAGE LB. $2.29

HILLSHIRE FARMS CHEDDARWURST LB. $2.59

BRAUNSCHWEIGER 1 LB. PKG. $1.29

HAM PRODUCTS 1 LB. PKG. $1.49

Bakery

FRESH POTATO PIE 32 OZ. PIE $1.99

DINNER ROLLS 12 PK. PKG. 99¢

FRESHLY BAKED BREAD 1 LB. LOAF 79¢

CHOCOLATE CAKE 2 LB. CAKE $2.39

Delicatessen

FRESHLY FRIED CHICKEN 1 PIECE $.39

FRESH COLE SLAW PER POUND $.69

BOLOGNA, COOKED SALAMI, LIVER OR POT LOAF LB. $2.29

PRESSED WHOLE OR VALLEY CHEESE LB. $2.69

HOT DOGS 1 LB. PKG. 4 $1.00

Good news for homemakers

Get full value from your prescription medication

By SHIRLEY W. WALTON
Extension Agent

Are You Getting Full Value from your Prescription Drugs?

Studies over the past decade have shown that ⅓ to ½ of all consumers who take drugs are not taking them properly. Fortunately, the consumer can avoid the suffering and the cost resulting from improper drug use by talking to his or her family doctor, dentist or pharmacist. Be sure to ask these people who are concerned about you these questions:

1. What is the drug for? The physician or dentist should discuss the diagnosis and treatment planned, the use of the drug prescribed and what the drug is expected to do for you.

2. How do I take the drug? Obviously, you need to know the basics–how many pills, how often and how long. But there are other relevant factors as well such as whether the drug should be taken on a full or empty stomach and what kind of liquid to use to take the pills with.

3. What should I do if I miss a dose? The corrective action varies with the drug. It may be correct to take a double dose or to wait and not take the missed dose at all. This information is vital to maintaining the proper level of the drug in your blood stream.

4. What are the side effects of the drug? Some side effects are minor and will eventually disappear. Other side effects ma require medical attention. You should be aware of the early warning signs and how to deal with them.

5. Would any of my existing medical problems affect the use of the drug?

You should always tell your doctor about any medical problems you have, such as allergies, diabetes, hypertension, etc. You should also tell your doctor about any medications you are taking, including non-prescription drugs like aspirin or antacids.

6. Are you aware that I am pregnant, planning to become pregnant or breast-feeding a child? This is a very important question for you to ask if you are in this category of patients. Certain medicines when taken during pregnancy or while breast-feeding a baby may cause problems in the child.

7. What activities should I avoid? Check to see whether the drug may cause side effects such as drowsiness or dizziness which would make it dangerous to drive a car or operate machinery.

8. What substances should I avoid? Other drugs, foods or substances such as alcohol may affect the way in which the drug works in your body.

9. How do I store the drug? Proper storage of medication is critical in retaining quality. Generally, drugs should be stored in a cool, dry dark place. Read the label for specific storage instructions or ask your family pharmacist.

10. If I have finished my therapy and I have some medicine left over, what should I do? Ask your physician if the medication should be saved for future use. If he says no, discard it by flushing it down the toilet. Never give your medication to someone else.

This information was gotten from the U. S. Office of Consumer Affairs and I thought it would be most helpful to you.

If you have a homemaking question or problem, you may call us at 352-8244 or you may write us at P. O. Box 486, Appomattox, Va. 24522.

Have a good week!

RECIPE OF THE WEEK

Cold Oven Cake

3 cups plain flour
3 cups sugar
¾ cup milk
6 eggs
1 cup shortening and 1½ sticks margarine
2 teaspoons lemon or vanilla flavoring

Cream butter and sugar, add 1 egg at a time and beat after each. Add flour, milk and flavoring. Start in cold oven. Cook at 325° for 1-½ hours.

Many thanks to Mrs. Katie Martin for sharing this delicious recipe. This is one that many of you have asked for and will find to be a tasty energy-saving pound cake.

Homemaking skills

Margaret Lee honored at fair

Mrs. Margaret Lee a member of the Country Lane Extension Homemakers Club submitted entries in competition at the Five County Fair in Farmville in September, winning 34 ribbons and $55.00 in prize money on her entries on canned goods, baked goods, and flowers.

Mrs. Lee won $10.00 for winning the most blue ribbons in the foods division. For the twenty blue ribbons, she won, she was awarded the Superior Champion Award and $50.00 for the individual winning the most, blue ribbons in the entire fair.

First place blue ribbons were on canned pears, string beans, (utility pack), tomato juice, apple sauce, blackberry jelly, crab apple jelly, damson preserves, pepper relish, Southern peas, pear pickle, carrots, peach pickle, lima beans(large), tomato catsup, pickle mixture, green peas, string beans (fancy), corn, greens, and cookies.

Red ribbons won on canned apples, lima beans (small), peaches, peach preserves, pear preserves, single dahlia.

Third place-white ribbons were won on watermelon rind pickle, balckberries, whole tomatoes, pepper jelly, cherry preserves, cucumber pickle mixture.

Fourth place - pink ribbons won on watermelon rind preserves, and apple jelly.

Mrs. Lee has been an extension homemaker for 45 years, has exhibited at the Five County Fair and State Fair in Richmond for the past 25 years winning a total of 863 ribbons and 8 grand champion awards for most blue ribbons at Five County Fairs.

She won six additional ribbons at the State Fair in Richmond.

BABY OF THE WEEK

JOHN SAMUEL DIXON, 5 months old, is the son of Dolly Dixon and John S. Dixon. Maternal grandparents are Mary Thompson and John Thompson. Paternal grandparents are Anna Dixon and the late Bill Dixon. John has a sister, Laura Dixon, age 4.

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Fifth District Congressman Dan Daniel announced today the availability of a number of Department of Agriculture publications on flowers, house plants, canning and freezing of fruits and vegetables and conservation of energy.

These are available through the Congressman's office at 315 Post Office Building, Danville, Virginia 24450.

Anyone interested in having publications on a particular subject or on all of the above should contact the office right away. The supply is limited.

Telephone inquiries should be made to 804-792-1280.

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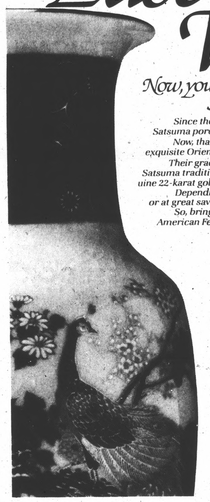

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B. 8½" Plate with stand	FREE.	FREE.	8.95	8.95	8.95
C. Covered Box	FREE.	3.95	5.95	7.95	7.95
D. Triangle Jar	4.95	6.95	8.95	10.95	10.95
E. Tea Cups Set of 4	4.95	7.95	9.95	11.95	11.95
F. 10½" Plate with stand	6.95	8.95	10.95	12.95	12.95
G. Flower Pot	7.95	9.95	11.95	13.95	13.95
H. Lotus Bowl	8.95	10.95	12.95	14.95	14.95
I. Teapot	8.95	10.95	12.95	14.95	14.95
J. Vase	9.95	11.95	13.95	15.95	15.95
K. Mugs Set of 4	12.95	14.95	16.95	18.95	18.95
L. 6½" Plates Set of 4	14.95	16.95	18.95	20.95	20.95
M. 14" Platter with stand	23.95	25.95	27.95	29.95	29.95

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